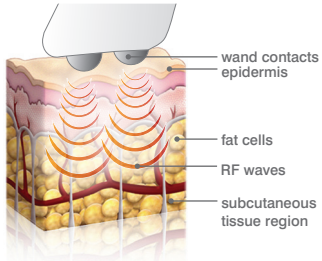
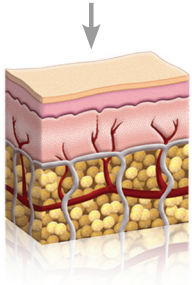
RF-Polar™

user guide

If you have any questions, or if you experience any difficulties please call our Rio Careline on: **01242 702345** or email us at: **online@riobeauty.com**



RF waves reduce fat cells



resulting in a smoother appearance on the skins surface

RF-Polar™

Rio RF-Polar uses high frequency radio (RF) waves to target heat deep subcutaneous regions of the skin, where excess fatty deposits are located.

The RF heating effect stimulates fat cell reduction and tightens collagen fibres, resulting in a smoother appearance to the skins surface. The key to a successful treatment is to raise the temperature of the deep subcutaneous regions of the skin and maintain that temperature for a few seconds.

During treatment the RF-Polar unit itself does not emit any heat, however, the skins reaction to the RF waves generates a significant warming sensation from within the subcutaneous regions of the skin.

The hand held wand allows easy treatment of commonly affected areas such as the hips, thighs, stomach and buttocks.

Regular treatments are required to improve and maintain skin condition.

IMPORTANT: To ensure the safety and effectiveness of this product, the supplied Treatment Gel must ALWAYS be applied to the skin before using RF-Polar.

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GETTING TO KNOW YOUR UNIT

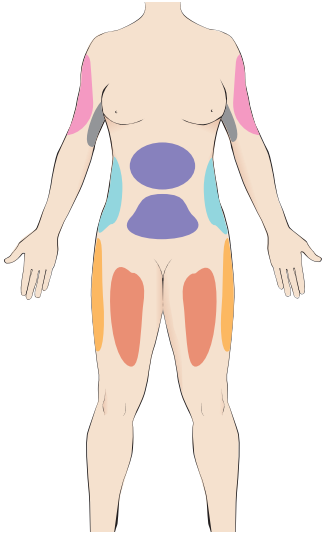
1. RF Wave Wand Contacts
2. Heat Sensor
3. Flexible Cord
4. Wand
5. Wand Light
6. Heat Level Lights x 3
7. On/Off and Heat Level Increase/Decrease Button
8. Console
9. Mains Adapter

AUTO SWITCH OFF
Note: RF-Polar will turn OFF automatically after 20 minutes.

WARNINGS

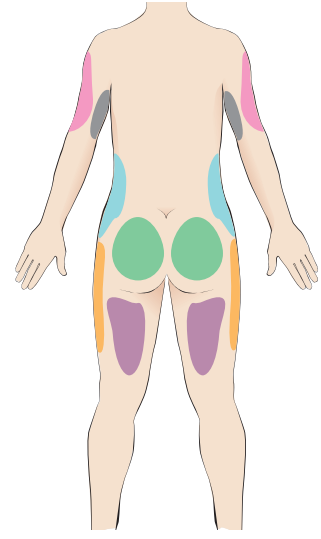
- **Read all instructions thoroughly and retain for future reference.**
- **This product is not for any other use other than those described within these instructions. Misuse of the unit can cause skin burns.**
- NEVER use RF-Polar without applying RF-Polar Treatment Gel to skin first. **If RF-Polar Treatment Gel is not applied there is a risk of skin burns.**
- Only use the RF-Polar Treatment Gel supplied with this product. Substitution Gel should NOT be used.
- RF-Polar Treatment Gel is for external use only. In case of contact with eyes, do not rub. Rinse with copious amounts of water or eye wash. If irritation persists seek medical assistance.
- RF-Polar is not suitable for use on the, neck, face, armpit, breasts, groin or genitals.
- CAUTION: wand contacts get extremely hot. Do NOT touch the wand contacts without using RF-Polar Treatment Gel.
- Seek medical advice from your doctor before use if you are pregnant or you have any of the following: pacemaker, internal defibrillator, metal implants, a history of cancer (especially skin cancer), a heart disorder, high or low blood pressure, thrombosis, epilepsy, diabetes, multiple sclerosis, any diseases stimulated by heat, if you have an impaired immune system, are taking immunosuppressive or pain-relieving medication, are insensitive to heat, under the influence of alcohol or recovering from surgery.
- Do NOT use on scars, broken or dry skin, rosacea, pustular or inflamed acne, abraded skin eczema, damaged, inflamed, swollen or diseased skin, or any other skin ailment. It is recommended that you consult a doctor if you are unsure.
- Do NOT use on your stomach at the time of your period.
- Do NOT use in the bath or shower. Do NOT immerse the console or wand in water.
- Do NOT place over sensitive parts of the body or varicose veins.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- RF-Polar treatment increases localised blood circulation. This can sometimes cause red marks on the skin, this is completely normal. Any reddening will disappear within a few hours.
- NOT for use by persons under the age of 18. Keep out of reach of children and pets.
- Do NOT use with a helpless person, an infant, a person sensitive to heat or on an animal.
- Discontinue use in the event of irritation. Seek medical advice immediately if you experience blistering or burning.
- Do NOT leave the unit unattended when plugged in. After use, unplug the unit and store out of reach of children.

TREATMENT ZONES



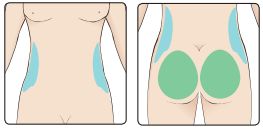
- Outer Upper Arms
- Inner Upper Arms
- Waist
- Abdomen*
- Buttocks
- Outer Thigh
- Front Thigh
- Back Thigh

* Do NOT use over the belly button



TREATMENT ZONES

FRONT BACK

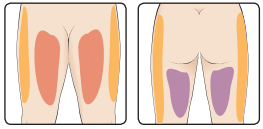


Waist and Buttocks

Over time fatty tissue builds up in the subcutaneous regions of the skin, forming an orange peel effect on the skins surface. The breakdown of these hardened fat deposits is difficult with diet and exercise alone. RF-Polar treatment can be used to directly target this layer of subcutaneous fat.

⚠ IMPORTANT: Only use on the areas shown, do not use directly on the fold under the buttock.

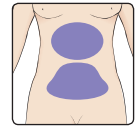
FRONT BACK



Thighs

The most common area where the body naturally stores fat. RF-Polar can help redefine the contours of these areas.

⚠ IMPORTANT: Never use RF-Polar over the back of the knee, or near the groin and genitals.

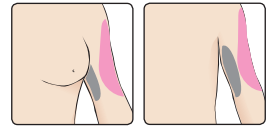


Abdomen

The abdomen has no bone structure protecting the major organs. It is, therefore, very important to only use gentle pressure. Fat deposits around the abdominal area often build up slowly over time and, consequently, respond slowly to diet and exercise alone. Using the RF-Polar helps to speed up the breakdown of the fatty tissue enhancing the effects of diet and exercise.

⚠ IMPORTANT: Use a LOWER 'Heat Level' in this zone. Do not use over the belly button area of the stomach.

FRONT BACK



Upper Arms

'Bingo-wings'. are caused by a combination of stored fat and flaccid muscle. Using the RF-Polar regularly on this area will help give a firmer appearance to the skin.

⚠ IMPORTANT: Never use RF-Polar too close to the armpit, or near the breasts.

TREATMENT SCHEDULE

For best results we recommend using RF-Polar 3 times a week for 6-8 weeks on your chosen 'Treatment Zones'. Once you have completed 6-8 weeks of treatment, RF-Polar can be used a couple of times a month to maintain results.

IMPORTANT: Leave at least 24 hours between treatments on the same zone.

NOTE: RF-Polar has 3 'Heat Levels'. We suggest using the LOWEST HEAT LEVEL to begin with, you may increase 'Heat Level' according to your comfort.

During treatment the skin will warm and redden, this will be particularly noticeable on the Highest Heat Level.

Treatment Zones	Average Treatment Time*
Outer Upper Arms	10 mins
Inner Upper Arms	10 mins
Waist	15 mins
Abdomen	20 mins
Buttocks	25 mins
Outer Thigh	10 mins (single)
Front Thigh	10 mins (single)
Back Thigh	10 mins (single)

* Treatment times will vary depending on the individual and the heat level used.

PATCH TEST

Always do a patch test with the RF-Polar Treatment Gel and wand. Select an area on your inner arm and follow 'Instructions For Use'. Wait 24 hours. If irritation occurs do NOT continue treatment.

TREATMENT GEL

ALWAYS apply RF-Polar Treatment Gel before placing the wand on the skin.

IMPORTANT: If RF-Polar Treatment Gel is not applied there is a risk of skin burns.

RF-Polar Treatment Gel has been specially formulated to ensure the safety and efficiency of this product and NO substitutions should be used.

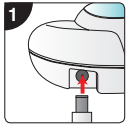
NOTE: If you feel a slight warming sensation whilst applying the gel, do not worry, this is completely normal.

BEFORE TREATMENT

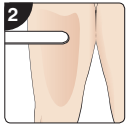
Find a comfortable position. Make sure that you have everything you need close at hand.

- Remove any jewellery from the 'Treatment Zone'.
- Ensure your chosen 'Treatment Zone' is clean and dry.
- Make sure you can reach the entire surface of your 'Treatment Zone' with ease and that the flexible cord will stretch the required distance.
- Depending on the area you are treating, it may be useful to have a mirror.
- We recommend starting treatment on the **LOWEST HEAT LEVEL** indicated by **ONE BLUE LIGHT ON THE CONSOLE.** You may increase the 'Heat Level' as and when you feel comfortable by pressing the **ON/OFF** button **briefly.**

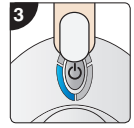
INSTRUCTIONS FOR USE



Remove all packaging from the unit. Carefully plug the mains adapter into the back of the console and into your power supply.

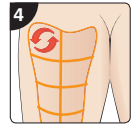


Using the spatula, apply a thin layer of RF-Polar Treatment Gel to the entire surface of your chosen 'Treatment Zone'.



To turn the unit ON, press the **ON/OFF BUTTON**. **ONE BLUE LIGHT** will illuminate on the console, and a **SMALL BLUE LIGHT** will appear on the wand. The unit is now ready for use on the **LOWEST HEAT LEVEL.** Heating will only occur when the unit is in contact with the skin.

NOTE: When in contact with the skin it may take 30–40 seconds to notice the full RF heating effect.



You will need to work across your chosen 'Treatment Zone' methodically using a grid system. Work in an area no larger than the size of your palm at any one time.

IMPORTANT: Wand MUST be kept moving at ALL times to avoid skin burns.

INSTRUCTIONS FOR USE

Place wand contacts on the skin and **immediately** move the wand **slowly** in a **small circular motion** in an area the size of your palm.

IMPORTANT: All four wand contacts must be touching the skin for unit to have effect.

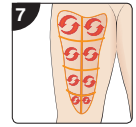
NOTE: As the skin warms up it will redden, particularly on the Highest Heat Level.

After approximately 1-2 minutes (depending on the heat level selected) all three **CONSOLE** lights should begin to **FLASH** along with the **WAND** light, indicating that you need to move to the next adjacent area.

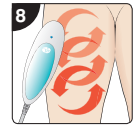
NOTE: If skin starts to feel uncomfortably hot before the lights begin to flash remove the wand and refer to troubleshooting section.

CAUTION SKIN OVERHEATING:

Indicated by **RAPIDLY CIRCULATING** console lights and **RAPIDLY FLASHING** wand light. Move to the next adjacent area **immediately.**



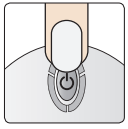
Continue to work over your entire 'Treatment Zone' using this method.



Once entire 'Treatment Zone' has been covered, a final warming is required. Work over the entire area again in large sweeping circles for approximately **2 minutes**.

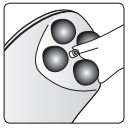
Treatment is now complete.

AFTER TREATMENT



To turn OFF the unit **press and HOLD** the **ON/OFF BUTTON** until all lights turn off.

Remove remaining RF-Polar Treatment Gel from skin using mild soap and warm water.



Unplug the unit from power supply and clean wand head using a damp cloth. Do NOT use solvents or detergents. Ensure wand is dry before storing.

HEAT LEVELS

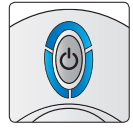
RF-Polar has 3 Heat Levels. Each level can be selected by pressing the ON/OFF BUTTON briefly. On each level the skin will warm and redden, this will be particularly noticeable on the Highest Heat Level.

LOW HEAT LEVEL

Indicated by **ONE BLUE LIGHT**

MEDIUM HEAT LEVEL

Indicated by **TWO BLUE LIGHTS**



HIGH HEAT LEVEL

Indicated by **THREE BLUE LIGHTS**

CARE & MAINTENANCE

- Only use this product with the Mains Adapter supplied.
- Do not immerse the Console or Wand in water.
- ALWAYS unplug the unit before cleaning with a damp cloth. Do NOT use solvents or detergents.
- After each treatment RF-Polar Wand MUST be cleaned to ensure unit works to specification. Pay particular attention to the Heat Sensor and metal Contacts to ensure all residual Treatment Gel is removed.
- Do NOT disassemble or repair. There are no user serviceable parts inside the unit.
- If you think the unit is not working correctly or is faulty, discontinue use immediately and call our customer careline.

TROUBLE SHOOTING

The wand feels too hot

- decrease 'Heat Level'
- move the wand in a faster circular motion
- apply more Treatment Gel

The wand does not feel very hot even on the highest 'Heat Level'

- move the wand as slow as possible without totally stopping movement.

I cannot feel any heating effect

- heating will only occur when all four metal contacts are touching the skin. It may take 30-40 seconds to notice the full RF heating effect.

Selected 'Heat Level' is being reached too quickly (less than a minute before wand and console lights flash)

- increase 'Heat Level'
- move the wand in a faster circular motion

Selected 'Heat Level' is being reached too slowly (more than 2 minutes before wand and console lights flash)

- decrease 'Heat Level'
- move the wand in a slower circular motion

IMPORTANT

Conforms with relevant European Directives.

Refer to instructions before use.

Caution: contact points become hot during treatment.

Move wand in slow circular motions. Keep wand moving at all times.

CUSTOMER CARE

If you have any questions, or if you experience any difficulties please call our Rio Careline on: **01242 702345** or email us at: **online@riobeauty.com**

GUARANTEE

To register your two year guarantee online, visit:
www.riobeauty.com/warranty_online.htm

DISPOSAL

The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill.

The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.

UK

CE

www.riobeauty.com

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